

'I was terrified I wouldn't fit on the rides': Mum loses THREE STONE after seat anxiety took over her life

In April 2025, Dianne Reddington, a 43-year-old mum from Hamilton near Glasgow, found herself crash dieting for three weeks before a family trip to Disneyland Paris - all because she was terrified she wouldn't fit comfortably on the rides with her daughter.

Working from home, mounting pressure at work and declining mental health saw healthy routines replaced with constant snacking, takeaways and, at times, an entire bottle of wine in the evenings. Exercise disappeared altogether as her weight climbed from 133lbs to 165lbs.

"I barely recognised who I had become," Dianne says. "I felt sluggish, embarrassed and completely stuck."

Determined to lose weight, Dianne threw herself into every fad diet she could find - from keto and intermittent fasting to surviving on little more than a can of tuna and an apple a day. Despite being constantly hungry and frustrated, the weight always came back.

As her confidence continued to fall, one emotional evening became a turning point.

"I dramatically ransacked my wardrobe and stuffed all of my size 10 clothes into four bin bags before banishing them to the loft. I was in floods of tears because I'd convinced myself I'd never wear them again."

One of Dianne's biggest anxieties centred around physical space and whether she would fit comfortably in it.

"I didn't want to worry about squeezing into seats," she explains. "It was constantly at the back of my mind."

This growing discomfort extended into other areas of life. Dianne stopped attending events where possible, dreaded being photographed or avoided buying new clothes, instead opting for oversized outfits to hide her body. Even activities she once loved, like running the Glasgow 10k, fell away completely.

After years of trying fad diets with little success, Dianne began researching more structured, clinically supported options. Initially drawn in by a discounted provider, she quickly realised the importance of quality and switched her focus to finding a service with strong medical backing, support, and accountability. That's when she discovered [Numan](#).

“Numan ticked all the boxes - the clinical expertise, the support, and the sense that everything was joined up.”

Since starting the programme in August 2025, Dianne has lost three stone. The transformation has been both physical and mental. She now has “bags of energy”, feels confident in her appearance again, and has returned to wearing clothes she once packed away - even buying bikinis for the first time in years.

Crucially, her relationship with space, movement, and everyday experiences has completely changed. Where she once worried about fitting into seats or restricting herself before trips, she now feels comfortable and in control, no longer held back by those background anxieties.

Looking back, Dianne says her biggest battle wasn't just with her weight, but with the constant anxiety it created in everyday life. She often turned down social events because she didn't feel comfortable in her own skin. Even simple experiences, from family days out to sitting in public spaces, became sources of worry as she found herself increasingly preoccupied with whether she would fit comfortably or draw unwanted attention.

Her renewed confidence has also helped her take on a completely new career, training to become an Audiologist while comfortably filming herself for coursework and presenting in front of colleagues.

“I wouldn't have had the confidence to do any of that before”, she says.

Now looking ahead, Dianne is focused on maintaining her progress. She is particularly excited about the introduction of the weight loss oral option, which she believes will bring more flexibility and convenience, especially when travelling for work, while also offering a discreet and practical long-term solution.

“One of the biggest challenges I have had with injections was firstly getting past the fear of needles, and secondly fitting the dosage into working away from home every month. I can be at the training academy for a whole week at a time with no refrigerator in my hotel - which requires planning to avoid taking my next dose too late.” Dianne says.

Reflecting on her journey, Dianne hopes others realise that lasting weight loss is about much more than the scales.

"A comfort zone is a great place, but nothing ever grows there. Write down what scares you, whether it's your confidence or worrying about fitting into spaces, and tackle it one step at a time. That's how you move forward."